

# Mental Health Evening Webinar: Powerful problem solving in the Mental Health consultation

## Wednesday 24th February 2021

### All Delegates will receive

- Increased knowledge in Mental Health
- A set of Course downloads
- A certificate for your appraisal portfolio

**Course Accredited for  
2 hours CPD**

Introducing your speaker

**Dr Laura Pogue** MBChB DCH FRCGP PGCE

GP Principal St Helens

Clinical Lead for Mental Health  
St Helens CCG

### Meet the Speaker ...

## Dr Laura Pogue MBChB DCH FRCGP PGCE



I have a portfolio career working as a GP Partner since April 2015 and for St Helens CCG as Clinical lead for mental health. I worked for 15 years as a GP with special interest in mental health, supporting primary care services. I implemented The Positive Mental Training programme (mindfulness based hypnotherapy programme) across Halton and St Helens. I have worked with our local Personality Disorder Psychologist delivering educational sessions for local clinicians. Recently I have been involved with a regional suicide prevention strategy.

My work has received endorsements from the RCGP, WONCA and NICE. In the past I have worked with PRIMHE and The Priory Hospitals supporting educational meetings. I have worked as Director for a Social Enterprise Company, The Wellbeing Project, which won the mental health prize for Innovation in Mental Health in 2010.

I have been a GP trainer for 8 years and have set up a mentoring support group for current and past trainees. I have completed a Lancaster University (UCLAN) course for GPs called PED (professional education and development) and have my PGCE – having embraced the benefits of a student card!

My newest role is as a Primary Care Medical Educator for the Wigan GP trainees programme since September 2018 and I am learning how to engage and teach millennials.

My spare time is spent travelling with my family, playing tennis, singing and chairing a local residents association.

## Your Learning Agenda ...

### Powerful problem solving in the Mental Health Consultation

- ▶ Prescribing conundrums
- ▶ Switching , stopping, augmenting medication
- ▶ Medication safety and documentation
- ▶ Suicide risk and suicide prevention
- ▶ Non pharma management including
  - Behaviour Activation
  - Gratitude
  - Strengths of the patient
  - Smartphone tools

## Programme ...

**7.30pm - 8.15pm    Session 1**

**8.15pm - 8.45pm    Break and Promotional Presentation TBC**

**8.45pm - 9.30pm    Session 2**

**9.30 pm              Webinar Ends**

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